

January 2023

# Carver Council on Aging

## *What's Happening in January*

### January Birthday

**Celebration** sponsored by the Friends of Carver COA.

Wednesday, January 4th at 11:30 am.

Come celebrate your special day if you have a *January* birthday, with a FREE lunch plus cake and ice cream for dessert. Be sure to register, if possible, by December 30th at 508-866-4698 x3. *Monthly Birthday Celebrations will take place on the first Wednesday of each month so be sure to register the month before your birthday*



### New Weekly Qi Gong Classes

Tuesdays at 10:00 am starting January 10th

with Instructor Kathryn Demers

Experience the health and wellness practice of Qi Gong. Improve balance, coordination, circulation and vitality! Cultivate your *Life Force Energy* through breathing and fluid movements that are easy to learn, gentle on the body, calming to the mind and good for the spirit. **Fee: \$5/class.** Please register at 508-866-4698 x3.



### Bone Health Presentation

with BID Registered Dietitian Marcia Richards Med RD

Friday, January 13th at 10:00 am.

Did you know that your bones are continuously changing? Join Marcia to learn how you can support your bone health and sample a "bone-healthy" macaroni and cheese that is nutritious and delicious. **Please register at 508-866-4698 x3.**



### Movie Matinee: Love, Weddings and Other Disasters

Friday, January 27th at 12:30 pm

This 2021 movie is a multi-story romantic comedy about the people who work on weddings to create the perfect day for a loving couple - while their own relationships are outlandish, odd, crazy and far from perfect. **Please register at 508-866-4698 x3.**



## Friends 2023 Membership Drive & Hot Cocoa Bar

*Sponsored by the Friends of Carver COA*

Wednesday, January 11th from 12:00 pm - 2:00 pm

Renew your annual Friends of Carver COA membership for \$10 and enjoy a custom hot cocoa with an assortment of toppings! Bring a new friend to join and you BOTH receive FREE lunch vouchers!



For more information email [amcmahon2225@yahoo.com](mailto:amcmahon2225@yahoo.com)

#### COUNCIL ON AGING

Monday -Thursday  
9 AM-3 PM  
Friday 9 AM-12PM  
48 Lakeview St., South Carver  
508-866-4698

#### COA DIRECTOR / ACTIVITIES COOR.

Connie Kelly  
Monday-Friday  
8 AM-4 PM  
508-866-4698 x3  
[connie.kelly@carverma.gov](mailto:connie.kelly@carverma.gov)

#### BOARD OF DIRECTORS

Donna Marie Forand-Chair  
Helen Marrone-Secretary  
Elaine Raymond  
Mary DuRoss  
Paula Hitchcock Alt.

#### FRIENDS OF THE CARVER COA

Ron Clarke - President  
Paul M Kelly -Vice President  
Sandy Coelho -Treasurer  
Jackie Rogerson - Secretary  
Alice McMahon - Board Member

*The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.*

# GATRA Dial-A-Ride

Shopping - Appointments (*any weekday*) - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

### PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm **a MINIMUM OF 2 BUSINESS DAYS IN ADVANCE** to schedule a seat on the bus.

Please have the *address* of the location you need transportation to when you call.

Call in advance to **CANCEL** a reservation.

*Messages can be left after hours.*

**DO NOT call the drivers directly!**

**Please be ready at the scheduled pick up time!**

Drivers are **only able to wait a maximum of 5 minutes after the scheduled pick up time.**

### SHOPPING SCHEDULE

#### SUPERMARKET RUNS - 1 HOUR

Wednesdays 12:30 pm . . . . . Market Basket  
Thursdays 9:30 am - 1st & 3rd - Walmart / Wareham  
2nd & 4th - Walmart / Plymouth  
Fridays 9:30 am . . . . . Shaw's

### GATRA Bus FAQs

**What towns does GATRA provide rides to?**

Bus service is provided to the towns adjacent to Carver.

**What is the fee for riding the GATRA bus?**

The fee is **\$1.75** each way. A book of 10 passes can be purchased for **\$15**. *A book of passes makes a great gift for any senior in your life that needs transportation!*

**How do I schedule a ride?**

Call **508-866-4698 x-1** prior to 12 pm two days before.

#### **IMPORTANT NOTE FOR WHEELCHAIR PASSENGERS:**

Wheelchair passengers who need assistance upon arrival to their destination should arrange to have a companion ride with them since the Gatra drivers are unable to escort passengers beyond their arrival point.

*If a companion is unavailable to you, arrangements can be made to provide one for you. Please let the dispatcher know.*

### SPECIAL NOTICE

Due to increased ridership, reservations for Gatra Bus trips need to be made **as far in advance as possible.**

**As soon as you make your doctor's appointments call the dispatcher at 508-866-4698 x1 to make a reservation for transportation as well.**

***It is never too soon to reserve your spot!***

### LOAN CLOSET (*please call before dropping off items*)

The COA maintains a "loan closet" of canes, walkers, crutches, commodes, wheelchairs, etc., to borrow at no charge. **Sanitization is the responsibility of the borrower.**

### COPIES

The COA will make FREE limited copies for seniors. Ask a staff member during our regular hours for assistance.

### VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at **508-866-3406**. *Meet with Mark at the COA monthly every 4th Thursday.*

### LEGAL ADVICE AT THE COA

Attorney-at-Law Lawrence L. Hale is available for free 15 minute legal advice appointments for seniors on the *second* Thursday of each month, starting at 10:00 am. Call **508-866-4698 x 3** for an appointment.

### FREE FINANCIAL CONSULTATIONS \$\$\$\$\$\$\$\$\$

Meet with Sandy Childs, Financial Advisor with Edward Jones, for a free half hour session every 4th Tuesday from 1 - 4. Call **508-866-4698 x 3** for an appointment.

### FRIENDS OF THE CARVER COUNCIL ON AGING

**Annual membership is \$10** which supports COA activities, events, performances and trips! **Send to:** Friends of Carver COA, P.O. Box 72, Carver, MA 02330. For more info check the website: [friendscarvercoa.com](http://friendscarvercoa.com)

### SENATOR MARC PACHECO

Call **508-822-3000** or **617-722-1551** for an appointment.

### STATE REPRESENTATIVE WILLIAMS-GIFFORD


Call **508-295-5999** for an appointment.

### WEEKLY WELLNESS CLINICS

Carver EMS provides weekly blood pressure clinics plus **monthly** glucose and cholesterol screenings Tuesdays from 9:30 am -11:30 am. Drop-in.

### FUEL ASSISTANCE AND SNAP APPLICATIONS

For Fuel Assistance call South Shore Community Action Council at **508-746-6707** to request an application and a list of required documents. Pick up a SNAP application at the COA then call for an appointment **508-866-4698 x2**.



### NOTES FROM OUTREACH

**Important papers needed when applying for income-based programs:**

- \*Social Security Letter
- \* Bank Statements
- \* Pension Letters
- \* Pay Stubs (*if working*)
- \* Medical Cost Receipts (*some programs can deduct medical costs including over-the-counter medication and wellness items*).

*Heidi Lufkin-Miles* - Outreach Facilitator

<b>GATRA MINI-BUS</b> Peggy Wood Dispatcher Monday – Friday 9 AM-12 PM 508-866-4698 x 1	<b>OUTREACH SERVICE</b> Heidi Lufkin-Miles Outreach Facilitator Monday - Friday 8 AM - 4 PM 508-866-4698 x 2	<b>NUTRITION CENTER</b> June Benson Monday -Thursday 8 AM - 3 PM Friday 8 AM - 12 PM <b>508-866-4698 x 4</b> Lunch weekdays at 11:30
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## WEEKLY ACTIVITIES

### CHAIR YOGA

with Mary Wilson RYT500

Mondays in January 9, 16, 23 and 30 at 10:00 am. Suggested \$5 donation. Please register at 508-866-4698 x3.

### OIL PAINTING CLASSES

FREE with Jim Collins. Tues. 1:00 pm. Call to register at 508-866-4698 x3.

### ACRYLIC PAINTING CLASSES

FREE with Jim Collins. Wednesdays at 5 pm. Register 508-866-4698 x3.

### RUMMIKUB

Wednesdays at 12:00 pm. Drop-In.

**BINGO** Thursdays, 12:30 pm (Arrive before 12:15 pm to buy games) \$1 for 50/50, \$5 for a 10 game pack and \$1 for Coverall.

## MONTHLY ACTIVITIES

### COFFEE WITH THE CHIEF

Every second Tuesday at 10:30 am meet Police Chief Marc Duphily to discuss any concerns. Drop-in.

### SINGO - MUSICAL BINGO

with Jim the DJ Guy on the first Monday of every month - 12:00 pm.

### LINE DANCING CLASS

with David & Marcia Burbank Fridays January 6th and 20th at 1:00 pm. Cost: \$5

Please register at 508-866-4698 x3.



### BEREAVEMENT SUPPORT GROUP

Friday, January 27th at 10:00 am.

Please register at 508-866-4698 x3. (every 4th Friday monthly)

### TALK WITH THE T.A.

Carver Town Administrator Robert Fennessy will meet with any seniors to discuss their concerns at the Carver COA every third Tuesday at 10:30 am. Drop-in.

### FREE IPAD INSTRUCTION

w/ Lydia Nelson

**NEW CLASS TIME!**

Tuesday, January 24th and every 4th Tuesday monthly now at 12:00 pm, noon!

Please register 508-866-4698 x3



## WHAT'S HAPPENING THIS MONTH

### WEEKLY CRAFT CLASSES

Sponsored by the Friends of Carver COA Wednesdays at 10:00 am Please register 508-866-4698 x3. Supplies may be limited.



Adult Coloring Snowglobe 1/4

Beaded Snowflake Suncatchers 1/11



Melted Snowman 1/18

Assorted Crafts 1/25



### Town Policy of Closing Due to Weather Conditions

The Carver COA will be closed and bus services canceled if and when the Carver Schools are closed due to weather.

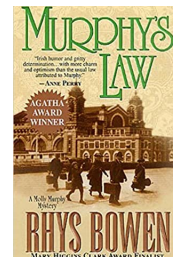
If schools are delayed due to weather, the COA will also follow the same delay of time in opening. Closing and delay announcements are broadcast on WPLM radio.

### BOOK CLUB SELECTION

Murphy's Law

by Rhys Bowen

*Murphy's Law* is the captivating first entry of Rhys Bowen's New York Times bestselling Molly Murphy historical murder mystery series. Please register at 508-866-4698 x3 and for a copy of the book. Book Discussion Meeting: Monday, January 30th at 1:00 pm.



### JEWELRY MAKING WITH NANCY

Thursday, January 12th at 3:00 pm.

Come create a unique beaded necklace or bracelet. Nancy Shoughrow will provide instruction and assistance through out the jewelry making process. Cost \$10. Please register at 508-866-4698 x3.



### HEIDI MEET & GREET

Monday, January 23rd at 12:00 pm in the Small Meeting Room at the Carver Public Library. Learn about the COA programs and services available to seniors, as well as the assistance provided by our Outreach Facilitator/ SHINE Counselor, Heidi Lufkin-Miles. Drop-In.



Thanks to all who helped make the Friends of Carver COA's

### **Holiday Craft Fair**

a great success!

From the volunteers who decorated, donated baked goods and gift baskets, worked the day, to the Carver businesses who donated gift cards to raise funds, to Santa & Mrs. Claus and all the talented crafters, plus the shoppers who purchased their goods,

**The Friends of Carver COA truly appreciate your support!**

### FOOD PANTRY

Shane Gives Thanks - 128 Main St.

Tues./Thurs - 8 - 1

\*Wed 1 - 4

Sat/Sun/Mon - Closed

\*Wed. is Veteran's Shopping Day

508-866-7673

### MEALS ON THE MOVE

The COA provides prepared meals for homebound elders.

Monday - Friday

**Daily Cost: \$3.00**

Call the Nutrition Center at

508-866-4698 x 4

### SHINE PROGRAM

**Health Insurance Counseling**

Heidi Lufkin-Miles

SHINE Counselor / Outreach Facilitator

Call 508-866-4698 x2

for an appointment.



CARVER COUNCIL ON AGING  
 P.O. BOX 618  
 SOUTH CARVER, MA 02366

Return Service Requested

Std Lts  
 U.S. Postage PD  
 #37  
 Carver, MA 02330

# JANUARY 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CLOSED FOR NEW YEAR'S HOLIDAY	3 CLOSED FOR NEW YEAR'S HOLIDAY	4 Snow Globe 10:00 am Birthday Cake Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5 pm	5 Lunch 11:30 am BINGO 12:30 pm	6 Lunch 11:30 am Line Dancing 1:00 pm	7
8	9 Chair Yoga 10:00 am SINGO 12:00 pm Lunch 11:30 am	10 Wellness Clinic 9:30 - 11:30 am Qi Gong 10:00 am Lunch 11:30 am Oil Painting 1:00 pm	11 Beaded Snowflakes 10:00 am Lunch 11:30 am Friends Hot Cocoa 12:00 - 2:00 pm Acrylic Painting 5 pm	12 Atty. Hale Appts. 10:00 am Lunch 11:30 am BINGO 12:30 pm Jewelry Class 3:00 pm	13 Bone Health 10:00 am Lunch 11:30 am	14
15	16 Chair Yoga 10:00 am Lunch 11:30 am	17 Wellness Clinic 9:30 - 11:30 am Qi Gong 10:00 am Coffee w/ the Chief 10:30 am Lunch 11:30 am Oil Painting 1:00 pm	18 Melted Snowman 10:00 am Lunch 11:30 am Acrylic Painting 5:00 p	19 Lunch 11:30 am BINGO 12:30 pm	20 Lunch 11:30 am Line Dancing 1:00 pm	21
22	23 Chair Yoga 10:00 am Lunch 11:30 am	24 Wellness Clinic 9:30 - 11:30 am Qi Gong 10:00 am Talk w/ the T.A. 10:30 am Lunch 11:30 am iPad Class 12:00 pm 1- 4 Finance Appts. Oil Painting 1:00 pm	25 Craft-apalooza 10:00 am Lunch 11:30 am Acrylic Painting 5 pm	26 Lunch 11:30 am BINGO 12:30 pm	27 Bereavement 10:00 am Lunch 11:30 am Movie Matinee 12:30 pm	28
29	30 Chair Yoga 10:00 am Lunch 11:30 am Book Club 1:00 pm	31 Wellness Clinic 9:30 - 11:30 am Qi Gong 10:00 am Lunch 11:30 am Oil Painting 1:00 pm	<p><i>The printing of this newsletter is supported in part by the Executive Office of Elder Affairs.</i></p> <p><i>To help reduce the costs of printing and mailing please consider receiving your newsletter by email! Send an email to: <a href="mailto:CarverCOANews@carverma.org">CarverCOANews@carverma.org</a>.</i></p> <p><i>Thank you!</i></p>			